

A Touch Of Zen

Modern life is so stressful that we all need to be able to develop or find our own quiet time in order to de-stress. Some people are able to do it anywhere so long as they can find some form of peace and tranquility for a period of time, while others might need to set a routine by retreating to a specific private area before they are able to unwind after an exhausting and fatiguing day.

For most people, where better a place to create this distinctive and unique area than in your own home. Depending on one's personal habits and disposition, any part of the house could be set aside for this purpose. Personally, the ideal place would be in the garden, or if you don't have a garden, some part of the house which can be organized or fashioned to look like a garden.

This is because being in a garden often gives one a sense of being connected to the earth. To be able to get in touch with the essence of the living energy around us can do wonders to revive and recharge our tired bodies and give us a boost in our energy levels. In this age of "instant solutions", being able to once again appreciate the very basis of our existence is a most calming and relaxing influence. It is certainly one of the most effective methods of de-stressing.

Creating this back-to-nature feeling in any space, whether indoors or outdoors, is an art-form. It is not simply a matter of putting together some soil, a few plants or other greenery in a space. There must be an intimate understanding of how the various parts of the natural eco-system in an area interact with one another. It takes more than technical expertise in order to ensure that by artificially creating a garden to experience nature, you don't in fact destroy that very part of nature you seek to experience.

Here in Australia, there is no one more experienced than John Nicolls, who has been in the horticulture business for more than 21 years. John isn't your ordinary landscaper or even a horticulturist as he has a deep passion for nature.

So whether it's [garden care hobart](#) or [landscape design hobart](#) you want to learn more about, John is the man to talk to. Learn more on our website about how you can create your own piece of zen literally right in your own backyard.

<http://dhlandscaping.com.au>